



Roadmap Training

Community Action to Create Policy Change

Building strategic capacity for communities to create healthier environments

Trainers:

Barbara Jackson
Anderson Partnership for Healthy Children

Dana Richardson
Community Health Improvement Partners

Susan Elizabeth, M.A.
CCROPP Community Coordinator

Maria Casey
California Convergence

Pilot Training Participants:

19 in attendance
(22 pre-registered; 7 no-shows; 4 walk-ins)

HEAL (6)

HEAC (3)

ARRA/CPPW (5)

Community/volunteer (4)

Pilot Case Study Challenges:

Barbara Jackson
"Creating a Community Garden,
Anderson, CA "

Dana Richardson
"Developing a Park, Chula Vista"

Susan Elizabeth, M.A.
"Establishing Joint Use, Pixley, CA "

"Great session with a good blend of case studies, lecture and interaction. The ideas generated were very helpful to me."

--San Diego Food Bank (HEAL)

"Enjoyed the candor and honesty, and walked away with good ideas."

*---Community volunteer
(Olivewood)*

"Resource sharing, case studies, interactive, multi-ethnic, real work."

--CPPW Project Leader

Roadmap Pilot Training

March 2011, San Diego

Maria Casey

California Convergence

Executive Director

Partnership for the Public's Health

a program of the Public Health Institute

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THANKS TO:



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Roadmap Training

Community Action & Policy Change

Training Overview

Changing the Environment for Health: A Powerful Strategy for Communities

Targeted community action can reduce health disparities and improve community health, through place-based environmental change. This **Roadmap to Community Action & Policy Change** training shows how neighbors can improve the conditions for health, when they work together to improve the environment for exercise, and expand the outlets for fresh food.

- * *Sharing the lessons from successful community actions*, the Roadmap recognizes the wisdom of community residents in moving change forward – locally and statewide.
- * *Creating a supportive climate* for policy change also takes broad collaboration among residents, community organizations, public health departments, schools, and government.
- * *This is a powerful strategy for low-income communities* with health inequities to significantly improve the opportunity for good health. *Environmental change impacts many individuals*. Policy change that improves food and physical activity environments makes it possible for many individuals in a community to eat and exercise more easily.

Training Goals and Overview

The Roadmap Training is an interactive training program that provides concepts, tools resources and real case scenarios. It helps community coalitions and groups to effectively launch and sustain place-based environmental change to improve health equity through increased opportunities for healthy nutrition and physical activity. The training is provided by community leaders with a wide range of experience. Those participating in the training are able to adapt materials to their own situation. The training format supports and encourages peer exchange about effective tactics and strategies and provides opportunities to troubleshoot real-time challenges.

Training Outcomes include

- Examine a robust framework and steps for collaborative action and policy change that empowers local communities.
 - Gain tools, information and strategies that communicate the importance of environmental change.
 - Learn to change policies and strengthen environmental change from real-life examples and opportunities for problem-solving with experienced community leaders.
 - Access diverse tools, resources and networks that support community-level change.
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